

**NOTE: 2 versions of syllabi follow**  
**Teaching Health and Wellness in the Elementary Schools**

**Iverson Ladewig, Ph.D**

**iladewig@pitt.edu**

T & TH 1:30 – 3:00 pm

164 Trees Hall

Phone: 624-9517

***Course Description:***

The course is designed for elementary education majors to learn to appreciate the importance of health and physical education. It should provide the classroom teacher with elementary health curriculum planning and a successful way to creatively share / teach movement experiences, concepts, skills and activities with children.

***Course Objectives:***

To promote health and wellness to children.

To review the goals and objectives of promoting health and wellness in children.

To understand the importance of developing motor skills, physical activity and healthy habits through a lifetime.

To understand what is a developmentally appropriate activity.

To know what is physical education.

To understand how children learn motor skills.

To learn how psychosocial factors can affect children and movement.

To gain experience in the classroom by observing and practicing.

***Textbook:***

Cornacchia, H., Olsen, L., & Ozias, J. (1996). Health in Elementary Schools. IO: McGraw-Hill.

***Additional Readings:***

To be assigned.

***Course Outline:***

**I. Comprehensive School Health Programs**

A. Health and Wellness

B. Teacher's Role in School Health

C. Healthful School Environment

1. Physical aspects

2. Emotional aspects

D. Emotional Climate and the Teacher

E. Health Appraisals of School Children

1. Teachers role

2. Nurses role

- F. Health
  - 1. Guidance
  - 2. Counseling
- G. Safety
  - 1. Physical
  - 2. Psychological
- H. Health Education; What to Teach
- I. Evaluation of School Health

## **II. Physical Education**

- A. Importance of Physical Activity
- B. Psychomotor Development
  - 1. Growth and maturation
  - 2. Cognition and learning
  - 3. Psychosocial factors
- C. Developmentally Appropriate Physical Education
  - 1. Developmental Perspective
- D. Physical Education
  - 1. What is it
  - 2. Content
  - 3. Facilities and Equipment
  - 4. Fitness
- E. Creative Movement / Dance
  - 1. Learning movement concepts creatively
  - 2. Movement as the means to learn

### ***Evaluation:***

	<b><i>Points</i></b>	<b><i>Due Date</i></b>
Health Class Observation	15	February 1
Health Content	20	February 8
Health Lesson Plan Due	15	February 15
Midterm Exam	75	February 17
Health Lesson Class Exercise	30	February 22-24
Health Unit Plan	50	March 14
Physical Education Class Observation	15	March 28
Physical Education Content	20	April 4
Physical Education Lesson Plan Due	15	April 6
Physical Education Class Exercise	30	April 11 & 13
Physical Education Unit Plan	50	April 20
Final Exam	75	Apr 26 12-1:50

**Grading:**

A	382 +
A-	370 – 381
B+	360 – 369
B	347 – 359
B-	332 – 346
C+	320 – 331
C	306 – 319
C-	292 – 305
D+	279 – 291
D	268 – 278
D-	256 – 267
F	255 and below

**Tentative of Class Schedule**

Date	Topic of the Day	Readings / Activities
<b>January 6</b>	Course Introduction	
11	Developmentally Appropriate	TBA
13	Health & Wellness	Chapter 1
18	Teacher's Role	Chapter 2
20	Health Environment	Chapter 3
25	Emotional Climate	Chapter 4
27	Health Appraisals	Chapter 5
<b>February 1</b>	Health Guidance	Chapter 6
3	Emergency	Chapter 7
8	Health Education	Chapter 8
10	Evaluation	Chapter 14
15	Midterm Review	<b>Bring your questions!</b>
<b>17</b>	<b>MIDTERM EXAM</b>	
22	Class Exercises	TBA
24	Class Exercises	TBA
29	Importance of Physical Activity / PE	TBA
<b>March 2</b>	Importance of Physical Activity / DA	TBA
<b>5-12</b>	<b>SPRING BREAK</b>	
14	Content of PE / Movement Concepts	TBA
16	Growth & Maturation	TBA
21	Cognitive & Learning	TBA
23	Cognitive & Learning	TBA
28	Creative Movement	TBA

30	Creative Movement	TBA
<b>April 4</b>	Psychosocial Factors	TBA
6	Facilities & Equipment	TBA
11	Class Exercises	TBA
13	Class Exercises	TBA
18		
20	Final's Review	<b>Bring your questions!</b>
<b>26</b>	<b>FINAL EXAM</b>	<b>From 12 to 1:50 pm</b>

## **Teaching Health & Wellness in the Elementary Schools**

**Iverson Ladewig, Ph.D**

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To gain experience in the classroom by observing and practicing.

### ***Textbook:***

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### ***Additional Readings:***

To be assigned.

### ***Course Outline:***

### **III. Comprehensive School Health Programs**

- E. Health and Wellness
- F. Teacher's Role in School Health
- G. Healthful School Environment
  - 3. Physical aspects
  - 4. Emotional aspects
- H. Emotional Climate and the Teacher
- E. Health Appraisals of School Children
  - 3. Teachers role
  - 4. Nurses role
- G. Health
  - 3. Guidance
  - 4. Counseling
- G. Safety
  - 3. Physical
  - 4. Psychological
- J. Health Education; What to Teach
- K. Evaluation of School Health

### **IV. Physical Education**

- F. Importance of Physical Activity
- G. Psychomotor Development
  - 4. Growth and maturation
  - 5. Cognition and learning
  - 6. Psychosocial factors
- H. Developmentally Appropriate Physical Education
  - 2. Developmental Perspective
- I. Physical Education
  - 5. What is it
  - 6. Content
  - 7. Facilities and Equipment
  - 8. Fitness
- J. Creative Movement / Dance
  - 1. Learning movement concepts creatively
  - 2. Movement as the means to learn
- F. What need to be done to change today's PE and system?

#### ***Evaluation***

Class Participation  
Extra Credit / Assignments  
Health Class Observation  
Health Content

#### ***Points***

20  
20  
15  
20

#### ***Due Date***

All the time!  
TBA  
May 23  
May 25

Health Lesson Plan Due	15	May 25
Midterm Exam	75	May 30
Health Lesson Class Exercise	30	June 1
Health Unit Plan	50	June 1
Physical Education Class Observation	15	June 8
Physical Education Content	20	TBA
Physical Education Lesson Plan Due	15	June 22
Physical Education Class Exercise	30	June 20
Physical Education Unit Plan	50	June 22
Final Exam	75	June 22 (10-12)
Total of Points	450	

### ***Grading:***

A	415 +
A-	396 – 414
B+	378 – 395
B	360 – 377
B-	350 – 359
C+	334 – 349
C	320 – 333
C-	306 – 319
D+	292 – 305
D	280 – 291
E-	270 – 279
F	269 and below

### **Tentative of Class Schedule**

Date	Topic of the Day	Readings / Activities
<b>May 16</b>	Course Introduction	
	Developmentally Appropriate	Check Courseweb
	Health & Wellness	Chapter 1
18	Teacher's Role	Chapter 2
	Health Environment	Chapter 3
	Emotional Climate	Chapter 4
23	Health Appraisals	Chapter 5
	Health Guidance	Chapter 6
25	Emergency	Chapter 7
	Health Education	Chapter 8
30	Evaluation	Chapter 14 - Assignment
	Midterm Review	<b>Bring your questions!</b>
	<b>MIDTERM EXAM</b>	<b>From 10-12</b>

<b>June 1</b>	Class Exercises	Group Presentations
6	Importance of Physical Activity / PE	TBA
	Content of PE / Movement Concepts	TBA
8	Growth & Maturation	TBA
	Cognitive & Learning	TBA
13	Creative Movement	TBA
	Psychosocial Factors / Children in Sports	TBA
15		
20	Class Exercises	Summer Kinder Kinetics
22	Final's Review	<b>Bring your questions!</b>
	<b>FINAL EXAM</b>	<b>From 10-12</b>